Yukon Active Living Strategy

MINISTER'S TASK FORCE FOR ACTIVE LIVING

"Prepared for the Minister of Community and Transportation Services - Yukon Territorial Government March 2000"

The Yukon Active Living Strategy is a publication sponsored by the Recreation and Parks Association of the Yukon and the Sport and Recreation Branch of the Yukon Territorial Government. Additional funding was made available through the Health Investment Fund and the Community Development Fund.

The report was written by Chris Milner, Physical Activity Promoter, RPAY, on behalf of the Minister's Task Force for Active Living in 1999 - 2000.

Photographs courtesy of Yukon Government, The Yukon News, Chris Milner and Cathie Archbould.

The views expressed in this report do not necessarily represent federal or territorial policy. The report offers recommendations that may assist governments and their partners in positive health promotion and community development in the Yukon.

Dr. Nesta Leduc

Chair, Minister's Task Force for Active Living

Printed in March 2000

2008-03189/

Acknowledgements

The Yukon Active Living Strategy has grown out of, people talking to people, across the Yukon with the intent of promoting the benefits of active living and enabling inactive Yukoner's to include physical activity into their daily lives.

The Ministers Task Force for Active Living would like to thank the focus group participants from across the territory that helped build the foundation of this report. Staff support for the project was provided by the Sport and Recreation Branch and the Recreation and Parks Association. Special acknowledgement must also be given to the Task Force Board and the members of the three sub-committees that reviewed all the feedback from focus groups in Yukon communities and captured it very successfully into the recommendations that make up the strategy.

Board of Directors

Nesta Leduc, Chair of the Task Force
Val Pike, Whitehorse General Hospital
John Carroll, Chamber of Commerce
Linda Armstrong, City of Whitehorse
Mickey Ferguson, Council of Yukon First Nations
Don Roberts, retired Principal
Joyce Young, Yukon Council on Aging
Richard Zral, Yukon Workers Compensation, Health and Safety Board
Bill Stewart, Psychologist
Wayne Jones, Superintendent, Department of Education (YTG)
Ron Pearson, Director, Health Programs, YTG
Peter Milner, Director, SARB (YTG staff support)
Karen Thomson, Active Living Consultant, SARB (YTG staff support)
Chris Milner, Physical Activity Promoter, RPAY (staff support)

Schools Committee

Don Roberts, Chair
Lorraine Kuhn, Physical Education Teacher
Frank Davidson, President, Yukon Physical Education Association
Bruce Thomson, Physical Education Teacher
Kathyrn Zrum, School Council Chair
Wayne Jones, Department of Education (YTG)

Workplace Committee

Peter Milner, Chair
John Carroll, Chamber of Commerce
Jean Kapala, Yukon College Public Health and Safety
Mickey Ferguson, CYFN
Richard Zral, YWCH&SB
Rob McClure, YWCH&SB
Val Pike, WGH

Communities Committee

Bill Stewart, Psychologist
Mickey Fergusion, CYFN
Linda Johnnie, CYFN
Jeff O'Farrell, Presidenᵗ, RPAY
Sandra Roach, First Nation Recreation Consultant, SARB (YTG)
Linda Armstrong, City of Whitehorse
Joyce Young, Yukon Council on Aging

Dr Nesta Leduc,
Task Force Chair

Definitions

ALA	Active Living Alliance
AYC	Association of Yukon Communities
DEC	Diabetes Education Center
C&TS	Community and Transportation Services - Yukon Government
CYFN	Council for Yukon First Nations
HC	Health Canada
HRDC	Human Resources Development Canada
H&SS	Health and Social Services - Yukon Government
LDAY	Learning Disability Association of the Yukon
RPAY	Recreation and Parks Association of the Yukon
RR	Renewable Resources - Yukon Government
SARB	Sport and Recreation Branch - Yukon Government
TIA	Tourism Industry Association
YAM	Yukon Association of Municipalities
YCD	Yukon Council on Disability
YPEA	Yukon Physical Education Association
YTA	Yukon Teacher's Association
YTG	Yukon Territorial Government
YWCH&SB	Yukon Workers Compensation Health and Safety Board
WGH	Whitehorse General Hospital

Table of Contents

1. Executive Summary 1

Summary of Recommendations 2

2. Introduction to the Yukon Active Living Strategy 5

Current Situation 6

3. A Rationale for Active Living 7

Support for Active Living 7

The Benefits of Active Living 8

4. Task Force Vision and Goals 10

5. Recommendations 11

Strategy Implementation 11

Individual Health 14

Active Living Schools 22

Community Active Living 29

Workplace Active Living 38

Appendices

Recommendations and Lead Departments 43

References 47

EXECUTIVE SUMMARY

Physical activity is a determinant of health

It is now well known that physical activity is a determinant of health. Currently over half of the Yukon population faces unnecessary health risks due to inactive litestyles. This means that children and youth are not getting enough activity for optimal growth and development and adults face unnecessary risks of premature death and chronic disease. The high numbers of inactive people pose a considerable public health burden both in terms of increased individual suffering and stress on the health care system.

In order to realize the benefits of a physically active population, governments and non-government organizations now consider improving opportunities for physical activity a priority. Many major organizations concerned with health from around Canada and the world are recognizing the promotion of physical activity as an action of government that is both fiscally and socially responsible.

Active living is a way of life in which physical activity is valued and integrated into daily life

Active living is an inclusive way of looking at physical activity and allows all people to work towards improving their health at their own pace. Active living is a way of life in which physical activity is valued and integrated into daily life. It is based on the belief that physical activity improves individual well being and the quality of life in Yukon communities. Active living takes us back to the basics. It means something different for everyone. Active living is playing with the kids, walking the dog, dancing with friends, walking at noon with colleagues, gardening, berry picking, fishing, splitting wood, cycling to work or school, or enjoying active times alone or with friends and family. Active living also involves organized activities such as competing in your favorite sport or participating in an activity class of your choice. Thirty minutes (ten minutes or more at a time) of physical activity a day is all it takes to stay healthy or improve your health. Active living has shown to increase quality of life enjoyed by people and decrease health care costs for governments.

In 1998 Canadian governments made a commitment to decrease the level of physical inactivity among Canadians by a minimum of 10 per cent by the year 2003. This commitment involves a focus on people who are currently inactive.

To assist the Yukon in meeting their commitment, a Ministers' Task Force for Active Living was established to consult with Yukoners in the development of a Yukon Active Living Strategy.

27 focus groups – 13 communities – more than 250 Yukoners

Between May and November 1999, there was a total of 27 focus groups involving over 250 people from 13 communities across the Yukon. The workplace, schools, communities, and individual health committees of the Task Force used the information shared by focus group participants to develop 25 recommendations.

Implementation of recommendations will begin in April 2000. Physical activity trends will be monitored on a yearly basis by the Canadian Fitness and Lifestyle Research Institute in every province and territory.

The Yukon Active Living Strategy will assist in developing the environments required to encourage Yukon people to adopt or return to more physically active lifestyles. A concerted, collaborative effort by governments, volunteers and private organizations is required for success of the strategy. Together we can create real change to make a more active, healthier Yukon a reality.

Summary of the Recommendations

Implementation of the recommendations will take place from 2000 to 2003. Some recommendations will require little resources to implement while others will require long-term commitments and significant resources. The Task Force developed 25 recommendations in five broad categories.

Strategy Implementation

Recommendation #1. Hire an Active Living Coordinator and establish an Advisory Council to coordinate and evaluate the implementation of the recommendations in the Yukon Active Living Strategy.

Recommendation #2. That Yukon government departments, Yukon municipalities, and First Nation governments explore how active living can be introduced into their goals, strategies, and departmental plans.

Recommendation #3. That existing government strategies be explored to determine potential links and partnerships in an effort to improve opportunities for physical activity in the Yukon.

Individual Health

Recommendation #4. That the recommendations of the 1999 Yukon Health Summit be examined to determine how they can complement and be linked to the recommendations made in the Yukon Active Living Strategy.

Recommendation #5. That a 'Green Prescription' program (prescribing physical activity as an integral element of a treatment program) similar to the one in New Zealand be developed in the Yukon.

Recommendation #6. That prevention programs with a focus on Type 2 diabetes as it relates to physical activity be developed.

Recommendation #7. That the Yukon government and its partners in active living and health embrace and support all seven priority goals identified in *Moving Through the Years: A Blueprint for Action for Active Living and Older Adults in Canada.*

Recommendation #8. That the Yukon government, its partners in active living and health, and the Anti-Poverty Coalition develop programs and services to improve opportunities for physical activity for Yukon people living in poverty.

Recommendation #9. That the Yukon government and its partners in active living and health embrace and support all seven priority goals identified in Active Living for Canadians with a Disability: A Blueprint for Action.

Recommendation #10. That an extensive school based awareness and education campaign stressing the importance of physical activity be developed.

Active Living Schools

Recommendation #11. That all Yukon schools create an environment that supports physical activity for students and staff during each school day. Goal: By 2003 all Yukon Schools be designated "Active Living Schools."

Recommendation #12. That the current physical education curriculum that focuses on "active life skills" be implemented and supported in all Yukon schools.

Recommendation #13. That efforts be made to ensure that all Yukon schools will have access to a physical education / active living specialist. In smaller schools, this may require partnerships with community based active living specialists.

Recommendation #14. That active living be a priority in the professional development of existing Yukon teachers and is considered in the recruitment process of new teachers.

Recommendation #15. That the Department of Education, in cooperation with its partners, seek out alternative forms of financing to hire a physical education / active living coordinator for Yukon schools.

Community Active Living

Recommendation #16. That an extensive community based social marketing plan be developed to promote the benefits of active living and provide Yukoners with the information and support they need to include physical activity into their daily lives.

Recommendation #17. That efforts be made to improve the coordination and communication between funding agencies who support initiatives related to community health in order to make funds more easily accessible.

Recommendation #18. That decision-makers consider the impact community facilities will have on the goal to increase physical activity in the Yukon.

Recommendation #19. That opportunities around active living and the environment be created.

Recommendation #20. That an on going training program for community leaders, support staff, and volunteers in the area of active living, recreation, sport, and health promotion be developed.

Recommendation #21. That a mobile unit with a significant active living component be established to promote active living, support existing initiatives, and assist in the delivery of new programs across the territory.

Recommendation #22. That the Yukon government explores the benefits and costs of establishing a Yukon Wellness Promotion Center with a significant active living component.

Workplace Active Living

Recommendation #23. That an extensive awareness and education campaign stressing the importance of physical activity in Yukon workplaces be developed.

Recommendation #24. That major employers in the Yukon lead by example in implementing wellness and active living programs.

Recommendation #25. That the Board of Directors of the YWCH&SB be encouraged to consider physically active workplaces as part of the criteria for rewards and recognition to employers who demonstrate exemplary prevention and management of health and safety.

1. THE YUKON ACTIVE LIVING STRATEGY

In February 1995, the Federal - Provincial/Territorial (F-P/T) ministers responsible for recreation, sport and fitness officially recognized physical inactivity as a major risk to the health of Canadians. The Ministers agreed that helping inactive Canadians to incorporate more physical activity into their daily lives is a priority.

In January 1997, *"Physical Inactivity: A Framework for Action"* was released to provide provincial and territorial governments with a starting point for:

- ✓ Identifying cost-effective and appropriate strategies for encouraging Canadians to be more physically active;
- ✓ Identifying realistic roles for government related to these strategies; and,
- ✓ Developing partnerships to implement clearly defined strategies both inside and outside of government.

In response to the Framework for Action, the F-P/T ministers made a commitment to decrease the level of physical inactivity among Canadians by a minimum of 10 per cent by the year 2003. This commitment involves a focus on people who are currently inactive. Efforts will be made to boost the physical activity levels of the sedentary population.

To assist the Yukon in meeting their commitment, The Minister of Community and Transportation Services established a Task Force for Active Living in May 1998 to consult with Yukoners in the development of a Yukon Active Living Strategy.

27 focus groups – 13 communities – More than 250 Yukoners

Dr. Nesta Leduc was appointed chair of the Task Force and the Recreation and Parks Association of the Yukon (RPAY) was contracted to assist in the development of the strategy. Between May and November 1999, 27 focus group discussions involving over 250 people from 13 communities were held across the Yukon. The workplace, schools, communities, and individual health committees of the Task Force used the information shared by focus group participants to develop 25 recommendations. Implementation of the recommendations will help to create the physical, social, political and economic environments necessary to encourage Yukon people to incorporate physical activity into their daily lives.

Implementation of recommendations will begin in April 2000 and continue beyond the 2003 10 percent goal. A national Physical Activity Benchmarks program conducted by the Canadian Fitness and Lifestyle Research Institute (CFLRI) will monitor physical activity trends for all provinces and territories between 1998 and 2003. This data will help evaluate the success of the Yukon's strategy as recommendations are implemented.

2. CURRENT SITUATION

Yukon people have a history of being physically active. Survival in the harsh northern environment depended on daily physical activity. Over the years our habits have changed and we are not as active as we once were. Today our health and well being is becoming a priority. Active living can help us move toward a more active and healthy way of life.

Yukoners are less healthy than other Canadians

In August 1999, Dr. Frank Timmermans, the Medical Officer of Health for the Yukon released a paper entitled *"Why are Yukoners less Healthy than Canadians are?"* The paper clearly shows that, while some segments of the Yukon population are well educated and enjoy a high-income level, many Yukoners live on the opposite end of the spectrum. When unemployment is high, poverty is prevalent, and education levels are low, the health of a population is jeopardized. According to Timmermans, the health of many Yukoners is currently at risk.

The physical activity levels of a population influences its overall health. Currently, 51 per cent of Yukoners are not physically active enough to experience health benefits (CFLRI 1999). The current situation is unacceptable. Over half of the population faces unnecessary health risks due to inactive lifestyles. This means that the majority of children and youth are not getting enough activity for optimal growth and development like building strong bones and reducing the risk of future osteoporosis and diabetes. For adults, the majority faces unnecessary risks of premature death, chronic disease and conditions including heart disease, cancer, and diabetes. The high numbers of inactive people pose a considerable public health burden both in terms of increased individual suffering and stress on the health care system.

3. A RATIONALE FOR ACTIVE LIVING

Physical activity contributes to the physical, social, environmental, and economic health of individuals and communities. In order to realize these benefits governments and non-government organizations worldwide recognize the need to improve opportunities for physical activity. The following section indicates the scope of support for active living and some of the benefits of a physically active population.

3.1. SUPPORT FOR ACTIVE LIVING

The World Health Organization

The *World Health Organization's 1997 Annual Report* identifies the need for

> ***"A major intensified but sustained global campaign to encourage healthy lifestyles, with an emphasis on the healthy development of children and adolescents in relation to risk factors such as diet, exercise and smoking."***

The U.S. Surgeon General

The *U.S. Surgeon General's Report on Physical Activity and Health,* (1996), states that

> ***"Improving health through physical activity is a key public health challenge that we must hasten to meet. The stakes are high and the potential rewards are great-preventing premature death, unnecessary illness, and disability; controlling health care costs; and maintaining a high quality of life into old age."***

The Canadian Medical Association

The *Canadian Medical Association* states

> ***"In the past 15 years the prevalence of obesity has grown by more than 50% in Canadian children aged 6 to 11 years and by 40% in those aged 12 to 17... Forty to 90% of overweight youngsters become obese adults who are at risk of developing heart disease and diabetes...(a) major cause of obesity is sedentary lifestyles" (CMA 1998).***

> ***"That Canadians will face medical and psychological consequences as a result of decreasing physical activity" (CMA 1998).***

The Government of Yukon

In their 1997 business plan, the *Government of Yukon* has made a commitment to fostering

> ***"Healthy communities through a community-centered, preventive approach to health care, and focusing on emerging issues" (YTG 1997).***

CFLRI

The *Physical Activity and Renewal of the Health System* report by the CFLRI states that

> ***"A relatively moderate investment in a physical activity strategy has been shown to make a significant difference. The***

return on investment for a strategy to reduce physical inactivity is estimated to be 50 to 1; that for a tobacco demand reduction, 10 to 1" (CFLRI 1994).

Allan Rock – Federal Minister of Health

In an interview with MacLean's (October 25, 1999), the Federal Minister of Health, Allan Rock stated

"I do think that one of the answers to the long term sustainability of the health care system is to reduce the demand on it and thereby control costs by encouraging healthier lifestyles and a healthier population.... After all, I'm the minister of health, not the minister of illness" (in Marshall & Wallace 1999: p. 34).

3.2. THE BENEFITS OF ACTIVE LIVING

The social, personal, and economic benefits of active living are many. Below is a summary of some of these benefits.

Social Benefits

The *Canadian Parks and Recreation Association* states

Improved opportunities for physical activity can help to resolve serious social issues such as substance abuse, crime, alienation and delinquency of youth. Physical activity can provide opportunities for healthy social interaction at the family, neighborhood and community levels (CPRA 1997).

Benefits to Personal Health

The Canadian Society for Exercise Physiology and Health Canada state that

Moderate levels of physical activity have shown to: improve health by reducing the chance of premature death, heart disease, diabetes, osteoporosis, stroke and some cancers; improve fitness, posture, balance, and self esteem: help control weight; build stronger muscles and bones; increase energy levels; reduce stress; encourage relaxation; and allow for continued independent living later in life (CSEP & Health Canada 1998).

Regular physical activity can benefit all Yukoners. Perhaps the most significant benefits can be realized by older adults. *The Physical Activity Guide for Healthy Active Living for Older Adults* states

For older adults, active living allows for: social interaction; continued independent living; better physical and mental health; improved quality of life; more energy; move with fewer aches and pains; better posture and balance; improved self esteem; weight maintenance; stronger muscles and bones; and reduced stress (CSEP & Health Canada 1998).

Economic Benefits

According to the Economic Burden of Illness in Canada the

"Total direct cost (drugs, physicians, hospitals, research) of illness in 1993 was $44 billion out of an overall cost for health

care in Canada of $70 billion. Moreover, the indirect costs such as time lost due to long-term and short-term disabilities, and the present value of future productivity lost due to premature mortality and illness in Canada represents an estimated economic value of $129 billion, nearly 21 per cent of the GDP. Reducing the number of inactive Canadians by a further 10 per cent would result in an additional saving of $5 billion" (in Mills 1998).

In 1996, health care in the Yukon cost $3427.82 per person

The National Health Expenditures in Canada report states that in 1996, the Yukon spent $110 million on Health Care - a total of $3437.82 per person. The national average is $2613.19 per person (Health Canada 1997).

A report called *"The High Cost of Sedentary Living"* published by the Ontario government states that

"Up to 1/2 of all medical costs could be prevented by personal lifestyle changes. Physical activity has the potential to reduce both acute and chronic demands on the health care system, with a reduction in employee turnover, an increase in productivity, a reduction in absenteeism, and a decreased risk of injury" (in Dyck 1999).

The promotion of physical activity is socially and fiscally responsible action of government

The quotes and information listed above indicate that many major health organizations from Canada and around the world recognize the promotion of physical activity as an action of government that is both fiscally and socially responsible. Active living has shown to increase quality of life enjoyed by people and decrease health care costs for governments.

Both health care costs and quality of life are a concern for Yukon people. Long term solutions involve Yukon people making positive lifestyle choices. In order to make these choices, social, physical and economic environments that support physical activity need to be created. The Yukon Active Living Strategy will assist in developing the environments required to encourage Yukon people to adopt or return to more physically active lifestyles. In order to reduce the number of physically inactive people by 10% by 2003, a concerted, collaborative effort by governments, agencies in the voluntary sector and private organizations is required. Together we can create real change to make a more active, healthier Yukon a reality.

Photo credit: Cathie Archbould

4. TASK FORCE VISION AND GOALS

VISION

"A Yukon that is active, where health, well-being and physical activity are viewed as an investment in the quality of life for each individual, and to independent, vibrant and thriving Yukon communities."

GOALS

- To provide opportunities for Yukon people to engage in life-long physical activity that promotes and supports individual health and well being.
- To provide opportunities for Yukoners to understand the significant relationship between healthy eating and a healthy, active lifestyle.
- To increase the number of Yukon people who are regularly active so that the health related benefits of active living result in reduced health care costs.
- To provide opportunities and supporting environments within Yukon schools to create positive values and attitudes toward active, healthy lifestyles.
- To reduce the avoidable burdens of chronic disease and premature death associated with physical inactivity.
- To help aging Yukon peoples to improve their quality of life and remain independent in activities of daily living.
- To realize the contribution that access to physical activity provides in alleviating some of the problems associated with serious social issues such as substance abuse, crime, alienation, and delinquency of youth.
- To provide a culturally and geographically relevant support system for positive social interaction at the family, neighborhood and community levels through opportunities for physical activity.
- To help build healthy communities that improve our individual and collective quality of life.
- To educate and support workplace environments that provide opportunities and encourage employees to be active and that recognize the value of healthy lifestyles in improving work performance.

5. RECOMMENDATIONS

Information shared during the 27 focus groups was used to develop 25 recommendations addressing active living in five broad sections. These sections are:

1. Strategy Implementation
2. Individual Health
3. Yukon Active Living Schools
4. Community Active Living
5. Workplace Active Living

The implementation of the recommendations will begin in 2000 and continue beyond the 2003 10% goal. Some recommendations will require little resources to implement while others will require long-term commitments and significant resources. A variety of resources that are required for successful implementation of the recommendations already exist within departments and organizations, however, some recommendations will require new funding and strategies to seek out financial support from non-traditional sources. Many recommendations depend on partnerships, collaboration, and cooperation from many sectors of the community. The recommendations are designed to compliment each other over time. Together, they will help the Yukon reach the 10 per cent goal by 2003 and assist in the creation of a more active and healthy Yukon.

5.1. STRATEGY IMPLEMENTATION

Coordination, Evaluation and On-Going Support

Many non-government and government organizations will be involved in the implementation of the recommendations made in the Yukon Active Living Strategy. Success of the implementation process will require on going communication, evaluation, and coordinated strategic action.

Recommendation #1: Hire an Active Living Coordinator and establish an Advisory Council to coordinate and evaluate the implementation of the recommendations in the Yukon Active Living Strategy.

A full time staff member will be required to coordinate the implementation of the recommendations with assistance and guidance from the Advisory Council. The Coordinator and the Council will take the lead role in the implementation of all the recommendations in partnership with the relevant lead departments.

The Advisory Council would serve as an "umbrella" for the individual sub-committees, coordinating efforts and maintaining open communication.

The responsibilities of the coordinator and the advisory council would include:

- Providing support for the Yukon Active Living Strategy recommendations
- Providing support for schools, workplaces, communities, and individuals as they make efforts to incorporate active living into their daily programs and services

- Assisting in the development of the criteria and guidelines for the "active living schools, workplaces and communities" initiatives
- Assisting in the development of incentive programs
- Coordinate awareness and education campaigns
- Evaluating and monitoring the implementation of the recommendations made in the Yukon Active Living Strategy
- Providing ongoing qualitative analysis as the recommendations are implemented
- Linking the Canadian Fitness Lifestyle Research Institute's Annual Physical Activity Benchmarks Report to the implementation of strategy recommendations

Committee Membership (the following list identifies potential committee representation and may not be complete)

Schools -	School councils, Education (YTG), H&SS (YTG), YPEA, YTA, parents, NGO's.
Workplace -	YWCH&SB, private sector, major employers, relevant government departments.
Communities -	CYFN, rural community representatives, Whitehorse representatives, NGO's.
Individual Health -	YMA, DEC, H&SS (YTG).

Implementation

RPAY will take the lead role in the hiring of a coordinator and the creation of the advisory committees. In order to accomplish this additional funding will be required for RPAY. Consideration should be given to providing additional resources through the Department of Community and Transportation Services (YTG) and other partners that have a role and responsibility for Active Living Strategy implementation.

Government Support

Recommendation #2: That Yukon government departments, Yukon municipalities, and First Nation governments, explore how active living can be introduced into their goals, strategies, and departmental plans.

Government departments will play integral roles in the implementation of the recommendations made during the Yukon Active Living Strategy. Future planning and budgeting processes should include recognition of the recommendations made by the Minister's Task Force for Active Living. Governments that "lead by example" in promoting the importance of active living will encourage others to make active and healthy lifestyle choices while at work and at home.

The promotion of physical activity does not require major restructuring of government departments. In most cases, it simply requires a shift in priorities. Opportunities for physical activity already exist in daily schedules. Realizing these opportunities may only involve making small changes in regular routines. For example; the Renewable Resources Department could be encouraged to build "active transportation" into trail development or active living components into school programs like "Project Wild". The Department of Health and Social Services could include active living as a major component of diabetes prevention programs. Major employers could incorporate active living into stress relief workshops for their employees. The Department of Education could include active living into daily schedules as part of curriculum, (by including active extra-curricular activities daily in all schools or including physical activity as part of courses such as physics or biology).

Implementation

The Department of Community and Transportation Services (YTG) should be considered for the lead role in encouraging other departments and governments to include "active living" into their departmental plans commencing in 2000 / 2001.

Connecting Government Strategies

In recent years the government of the Yukon and the federal government have completed a number of valuable strategies related to health. Many of these strategies include components on the benefits of active living. The Minister's Task Force for Active Living recognizes the need to strengthen existing links and establish new ones to these strategies.

Recommendation #3: That existing government strategies be explored to determine potential links and partnerships in an effort to improve opportunities for physical activity in the Yukon

These strategies include:

- The Growing Older in the Yukon Strategy (H&SS)
- Yukon Youth Strategy (Education)
- Cabinet Commission on Energy (Renewable Resources, Economic Development)
- Anti Poverty Strategy (H&SS)
- Yukon Health Summit Report (H&SS)
- Sport and Recreation Industry Strategy (C&TS)
- National Aboriginal Youth Strategy (Federal Government)

Implementation

The Department of Community and Transportation Services (YTG) should be considered for the lead role in partnership with departments responsible for each strategy.

5.2 INDIVIDUAL HEALTH

Physical activity is a determinant of health

The connections between physical activity and health are well supported. Throughout the community focus groups, participants clearly expressed that "physical activity" is difficult to relate to. People viewed physical activity as something reserved for "athletic" people who are involved in sports or are on teams. Because many focus group participants did not consider themselves to be "sporty", the discussions were often related to how regular physical activity can benefit the overall health of individuals and communities. Presented in a broad or holistic context, physical activity can be more meaningful to many Yukon people. The recommendations in the Individual Health category are designed to help place physical activity in a broad context as it relates to health.

In October 1999, a Yukon Health Summit brought one hundred people from across the territory together to discuss the health of Yukoners and share their ideas on what would encourage "good health" in the Yukon. Participants in the Summit included people who work in health care and members of the general public with an interest in health. The Summit emphasized that "good health" is much more than a good health care "system".

The Yukon Health Act, defines health as "the physical, emotional, social, mental, and spiritual well-being of residents of the Yukon in harmony with their physical, social, economic, and cultural environments." The holistic view of health challenges the notion that health is merely the "absence of sickness". Instead there is an emphasis on the determinants of health - the factors that make individuals and populations less healthy than others.

A Link to the 1999 Yukon Health Summit

Personal behavior, including lifestyle choices, is one of the factors that affects health. Just as people who smoke are more likely to suffer from poor health, people who are not physically active are more likely to suffer from poor health than people who are active. Environments that assist people in making positive lifestyle choices, like incorporating physical activity into their daily lives will help to change the health of the Yukon population for the better.

Many of the findings from the 1999 Yukon Health Summit support the fact that prevention of disease is a necessary focus for improving the overall health of Yukon people. Physical activity can play a key role in enhancing the overall health of Yukon people.

Recommendation #4: That the recommendations of the 1999 Yukon Health Summit be examined to determine how they can complement and be linked to the recommendations made in the Yukon Active Living Strategy.

Implementation

The Department of Health and Social Services (YTG) should be considered for the lead role in partnership with the Department of Community and Transportation Services (YTG) and RPAY.

Prescribing Physical Activity

The "Green Prescription" program was developed in New Zealand and is successfully operating throughout the country. The program involves health care professionals writing prescriptions for physical activity in addition to or instead of prescriptions for medication. A "Green Prescription" is a General Practitioner's written advice to be more physically active. The program involves a support structure from the community that can assist patients with becoming more active.

Health care professionals are a respected source of advice and have access to a large component of the sedentary population. The Green Prescription Program is an effective way to communicate physical activity as a means to improve quality of life and prevent illness and injury.

At their General Council in 1998, the *Canadian Medical Association* recommended that: "the CMA consider the creation of a task force to mobilize physicians to promote actively the medical and psychological benefits of regular exercise" (CMA 1998: Resolution #42).

The Yukon Task Force for Active Living believes a "Green Prescription" program in the Yukon would work to enhance quality of life and help reduce unnecessary health care expenditures.

Recommendation #5: That a 'Green Prescription' program (prescribing physical activity as an integral element of a treatment program) similar to the one in New Zealand be developed in the Yukon.

The development of a "Green Prescription" program would involve:

- Adoption of the program by the Yukon Medical Association
- The development of resources for patients and health care practitioners
- The organization of a supporting structure to deliver active living programs specific to ailments and medical conditions
- A link to the Go For Green National Initiative

Implementation

The Yukon Medical Association should be considered for the lead role in the development of a "Green Prescription" program. Potential partners may include the Department of Health and Social Services (YTG), the Department of Community and Transportation Services (YTG), health practitioners, RPAY, and members of the community support structure (sport governing bodies, non-government organizations, Municipal facility operators, private sector businesses, and other recreation/active living/fitness program deliverers).

Physical Activity and Diabetes

In November 1999, the Federal Minister of Health, Allan Rock, announced a five-year Canadian Diabetes Strategy. The $115 million strategy will help prevent and control diabetes, the fastest growing preventable disease in Canada (Health Canada 1999).

There are approximately 60,000 new cases of diabetes diagnosed in Canada every year. One third of people living with diabetes are unaware of their condition (Health Canada 1999). According to Allan Rock, the minister of health:

> ***"Between one and two million Canadians are affected by this disease and it exacts a serious toll on them and their families. The government of Canada has recognized the need for action and long-term commitment in a Canadian Diabetes Strategy, including an important Aboriginal component" (in Health Canada 1999).***

Heather Nickel, Director of Education Services for the B.C./Yukon division of the Canadian Diabetes Association estimates that Canada currently spends $9 billion a year on diabetes (CBC November 22, 1999).

Diabetes is three times as prevalent in First Nation communities than in the general public (Health Canada 1999). Because First Nation people are more likely to suffer from Type 2 diabetes than other populations, the disease is a major cause for concern in the Yukon where the population is 30% First Nation (Health Status Report 1999).

Diabetes prevention programs with a focus on physical activity

Two major risk factors for Type 2 diabetes are obesity and inactivity. Both of these risk factors are preventable. The National Diabetes Strategy will emphasize healthy eating, nutrition, and active living programs. A "sustained national focus on prevention" is an effective way to combat Type 2 diabetes in Canada. Efforts to prevent diabetes here in the Yukon will dramatically increase the quality of life enjoyed by many people and reduce the potential burdens on an already stressed health care system.

Photo credit: Cathie Archbould

Recommendation #6: That prevention programs with a focus on Type 2 diabetes as it relates to physical activity be developed.

Diabetes prevention and health promotion programs would include:

- Support for school-based prevention and education programs
- Culturally appropriate training and education programs for community health care workers
- Awareness and education programs for all Aboriginal peoples
- Incorporate the resource center for diabetes information as part of the Yukon Wellness Center (Recommendation # 22)
- Development of new active living programs specific to the needs of people with diabetes
- Development of active living resource material specific to the needs of people with diabetes
- Promotion of existing resources and programs that meet the physical activity needs of people with diabetes

Implementation

The Department of Health and Social Services (YTG) should be considered for the lead role in the development of diabetes prevention and health promotion programs that focus on physical activity. Potential partners may include Health Canada, the Diabetes Education Center (Yukon), the Departments of Community and Transportation Services and Education (YTG), First Nation governments, rural community front line workers, territorial sport and recreation groups, City of Whitehorse Parks and Recreation, and RPAY.

Active Living for Older Adults

Many focus group participants indicated that improving opportunities for older adults to be more physically active should be a priority. The Yukon Bureau of Statistics estimates that between 1998 and 2007, the number of seniors living in the Yukon will increase by 51 per cent. Meeting the needs of an aging population is a challenge that governments and organizations will have to address.

The benefits of physical activity for older adults are well known. Some of these benefits are: improved fitness and quality of life; better physical and mental health; more energy and reduced stress; stronger muscles and bones; better posture and balance; and prolonged independent living later in life (CSEP & Health Canada 1999). Despite these benefits, many older adults are finding it difficult to incorporate physical activity into their daily lives.

Among adults 74 and over, only 29 percent of men and 19 percent of women are physically active

In 1997, The World Health Organization stated that the greatest health risk for older adults is sedentary living. According to the National Population Health Survey (1997), based on 15 minutes of physical activity per day, 34 per cent of men over 55 are physically active and 29 per cent of women are physically active. Among adults 74 and over, only 29 per cent of men and 19 per cent of women are physically active.

There are a number of reasons why older adults are not as physically active as they could or should be. Many of these reasons were identified in focus groups throughout the development of the *Yukon Active Living Strategy* and are supported by the *Canadian Fitness and Lifestyle Research Institute's Physical Activity Monitor* (1995). They include:

- Accessibility Issues (e.g., facilities - washrooms, transportation, program scheduling)
- Safety Issues (e.g., lack of snow removal, travel to facilities, fear of injury, fear of animals and suspicious people)
- Support/Leadership Issues (e.g., qualified people to offer programs and services, financial support for programs and equipment)
- Personal Motivational Issues (e.g., do not like to participate alone, sense that physical activity is "too hard" and they are too old to start)

The 1999 Growing Older in the Yukon Draft Strategy states that:

> ***"Given the links between good health and active living, health promotion and active living are key elements in any strategy for older people. A more healthy and active population will have a direct impact on the demand for costly health care services. There is no limit to the work that can be done to promote active living strategies for older people. This work requires strong partnerships between seniors, community agencies, and governments" (Health and Social Services 1999).***

Recommendation #7: That the Yukon government and its partners in active living and health embrace and support all seven priority goals identified in Moving Through the Years: A Blueprint for Action for Active Living and Older Adults in Canada.

"The capacity of older people to contribute to society can only be extended if their health is maintained... Tomorrow's elderly people are today's adults and yesterday's children. Aging is a natural process that cannot be avoided. Premature death and disability, however, can be.

WHO Director-General Dr. Gro Harlem Bruntland (1998)

The seven priority goals are:

1. To increase public awareness about the benefits of active living throughout the life-span, thus enabling older adults to experience, value, and appreciate the importance of physical activity.
2. To develop competent leaders in active living who can meet the needs and interests of the older adult.
3. To support and encourage older adults' desire to embrace an active lifestyle by ensuring that resources and social supports needed to be active are in place.
4. To strengthen delivery systems and improve levels of cooperation, coordination, and communication among organizations with an interest in active living and older adults.
5. To encourage and enable older adults to advocate for the right to a quality of life that includes physical activity, well being, and the opportunities of active living.
6. To identify, support, and share research priorities and results on aging and active living.
7. To continually monitor and evaluate programs, services, and outcomes to ensure that the active living needs, interests, and concerns of older adults are being met.

Implementation

The Department of Community and Transportation Services (YTG) and the ElderActive Recreation Association (Yukon) should meet to determine the next steps. The Department of Health and Social Services is a potential partner.

Physical Activity and Poverty

24.9 percent of Yukoners live below the poverty line

On average, Yukon residents enjoy higher incomes, higher levels of education, and lower unemployment than the rest of Canada. Despite this, people within the Yukon, mostly within rural communities, experience the lowest income levels, lowest levels of education, and highest unemployment of all Canadians (Health Status Report 1999).

Education, income, and employment are all closely linked to health status. People with higher levels of education, higher incomes, and satisfying employment enjoy better health. In 1995, 24.9% of Yukoners were in the low-income category, compared to 12.7% of Canadians (Ibid.).

Physical activity levels also have a positive association with the education, income, and employment of a population. The *Physical Activity Benchmarks Report* (CFLRI 1998) states that "households with the highest incomes have the lowest reported level of inactivity." Therefore, those people living on or below the poverty line in the Yukon are less likely to be physically active enough to realize health benefits.

The Yukon Task Force for Active Living believes that all Yukon people should have equitable access to physical activity. The following recommendations will assist Yukon people living in poverty to gain access to opportunities for physical activity.

Recommendation #8: That the Yukon government, its partners in active living and health, and the Anti-Poverty Coalition develop programs and services to improve opportunities for physical activity for Yukon people living in poverty.

Sport Yukon, and the Departments of Health and Social Services and Community and Transportation Services (YTG) have made successful efforts in assisting low income families to gain access to recreation equipment and services through the "Kid's Recreation Fund". This program should be continued and expanded with support from service and private sectors.

Implementation

The Department Health and Social Services (YTG) should be considered for the lead role in partnership with the Anti Poverty Coalition and the Department of Community and Transportation Services (YTG) to develop programs and services for low-income families. Other potential partners include Sport Yukon, RPAY, facility operators, service clubs, private sector, City of Whitehorse Parks and Recreation, and other recreation service providers.

Physical Activity and Persons with a Disability

Although people with disabilities may benefit the most from active living, they are often the least involved and the least able to become involved.

According to studies by Statistics Canada in the 1990's, almost one in every five Canadians has a disability that restricts their activity or functioning in some way. According to a National Population Health Survey 16.4 per cent of persons with a disability had not participated in physical activities in the previous three

months, compared to just 7.9 per cent of other Canadians. However, more than one in four Canadians with disabilities would like to be more physically active (Health Canada & Active Living Alliance 1998).

The community focus groups indicated that many Yukon people have disabilities that currently make it difficult to participate in regular physically activity. Efforts to improve opportunities for Yukon people with disabilities to be physically active need to be made.

Recommendation #9: That the Yukon government and its partners in active living and health embrace and support all seven priority goals identified in *Active Living for Canadians with a Disability: A Blueprint for Action.*

The seven priority goals are:

1. To facilitate the growth of self-empowerment through awareness, education, and support.
2. To develop quality networks and delivery systems with clearly defined roles, responsibilities, and communication links at all levels.
3. To enhance organizational planning and policy development by providing resources and support mechanisms.
4. To identify, develop, and promote effective programs and services at the national, provincial, and local levels.
5. To develop and promote leadership be providing programs and support.
6. To develop public awareness through promotional strategies involving community action and public education.
7. To identify, promote, and support research priorities and to disseminate state-of-the-art information.

Photo credit: Cathie Archbould

Implementation

The Recreation and Parks Association of the Yukon should be considered for the lead role in partnership with the Departments of Health and Social Services and Community and Transportation Services (YTG). Other partners may include the Active Living Alliance, Special Olympics, Learning Disabilities Association of the Yukon, Yukon Council on Disability, Yukon Association of Community Living and local recreation authorities. Together, steps will be developed to implement the national priorities in a Yukon context.

5.3. YUKON ACTIVE LIVING SCHOOLS

School environments play an integral role in developing and sustaining the health of children and youth.

A report prepared by the University of Toronto, the Canadian Association for Health, Physical Education, Recreation, and Dance (CAPHERD), the Canadian Association for School Health (CASH), and Health Canada titled *Partners for Health: Schools, Communities, and Young People* states:

> ***"The linking of multiple components such as curriculum, a supportive school environment, the family, and the community ensures that there is a better chance a greater range of factors influencing young people's health will be addressed (Anderson, Kalnins, & Raphael 1999)"***

The *World Health Organization* describes a Health Promoting School as:

> ***"A school that is constantly strengthening its capacity as a healthy setting for living, learning, and working" (WHO 1998).***

There is a "world crisis in physical education"

In response to what has been called the "world crisis in physical education," the International Council for Sport, Science, and Physical Education (ICSSPE), held a conference in Berlin November 3-5, 1999 - with the support of UNESCO. This non-government organization (ICSSPE) called upon Ministers responsible for

Education through the "Berlin Agenda for Action of Government Ministers." The conference reinforces the importance of physical education as a life-long process. It is particularly important for every child as articulated in the International Convention on the Rights of the Child. All children have the right to (1) the highest level of health; (2) free and compulsory primary education for both cognitive and physical development; (3) rest and leisure; play and recreation (ICSSPE 1999).

Physical activity needs to be a priority within Yukon schools. It will take creative solutions to include physical education for all grades within the current curriculum structure.

Active people tend to be more efficient, self-motivated learners.

Traditionally schools have focussed on reading, writing, and arithmetic as the essential components of a "good education". Current research highlights the need for a fundamental shift in this paradigm. It is becoming increasingly clear that health and successes in life do not always correlate with literacy and numerical skills. It is also clear that active people tend to be more efficient, self-motivated learners.

It is our contention that the school is the community's window into the lives of children and as such needs to extend it's mandate to include active living - a life skill that influences physical, emotional, social, and spiritual health from cradle to grave. The school, given its continuous access to children for five to six hours a day for 12 years, is a likely vehicle through which the practical, social, and emotional skills associated with active living can be imparted - Bill Stewart, Psychologist and Task Force member.

Administrators, teachers, parents, and school councils helped to shape the recommendations.

The schools committee for active living has created six recommendations based on information gathered from 13 focus groups across the territory. School administrators, teachers, parents and school councils have been involved throughout the process of developing the recommendations. The Task Force strongly recognizes the important roles that all of these stakeholders will continue to play in the implementation of each recommendation. The successful promotion of physical activity as one of the priorities in Yukon schools will require clear communication and effective partnerships.

The Active Living Task Force's vision states that "by 2003, each school in the Yukon will have developed an environment that supports and encourages students and staff to integrate physical activity into each school day."

The recommendations will help to ensure that physical education and active living continues to be a valued and integrated component of the Yukon school system.

School-Based Awareness and Education Campaign

Recommendation #10: That an extensive school based awareness and education campaign stressing the importance of physical activity be developed.

The campaign would:

- Promote the benefits of physical activity and offer ideas on how to incorporate physical activity into each school day.
- Utilize local media (radio, television, and newspaper).
- Involve the development of posters, brochures, and other resource materials that are relevant and appropriate to the Yukon.
- Focus on students, teachers, support staff, administrators, family, and school councils.
- Presentations and instructional sessions delivered to both students and staff.

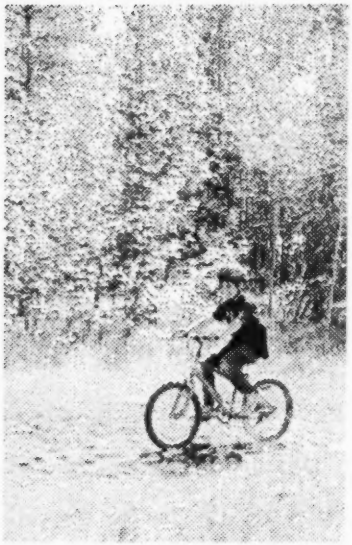
Implementation

The Department of Education (YTG) should be considered for the lead role in the development and delivery of the awareness and education campaign. Potential partners include school councils, YPEA, YTA, the Department of and Community and Transportation Services (YTG), private sector, service clubs, and Health Canada.

The campaign will begin in September 2000 and continue until December 2003.

The Yukon Active Living Schools Initiative

The social and physical environments of Yukon schools are crucial to promoting and sustaining the health of young people. A positive and supporting environment will become an invaluable resource for effective health promotion through the nurturing of policies and practices that promote well being.



Recommendation #11: That all Yukon schools create an environment that supports physical activity for students and staff during each school day. Goal: By 2003 all Yukon Schools be designated "Active Living Schools."

Schools will be provided with suggested criteria outlining what constitutes an Active Living School. The criteria will be designed based on a continuum with components that can be implemented over time. Incentives and support will encourage schools to work toward achieving the Active Living School designation.

Components of an "Active Living School" may include:

- Implementation of a physical education curriculum that focuses on active living.

- Opportunities for all teachers and support staff to participate in professional development in the area of wellness and promotion of physical activity in school.
- The inclusion of "active living" as a priority in yearly school plans.
- Encourage active transportation (walking, cycling, skiing or skating) to and from school through infrastructure and incentives (Programs that already exist to support active transportation include: Active and Safe Routes to School, Go For Green, Walk a Child to School).
- Programs that encourage a reduction of bussing for students who live within walking distance of school.
- Efforts to promote no smoking awareness/education campaigns and guidelines.
- Nutritious food programs and on site services promoting healthy eating.
- Use of community resources (trails, facility agreements, transportation) Access should be affordable and easy - brokered by Department of Education.
- Promotion of students and staff as role models through the development of a "success story" program.
- Quality Daily Physical Education (QDPE) designation based on an active life skills curriculum.
- Opportunities for students and staff to be physically active before, during and after school hours.
- Measurable efforts to expand physical education from Kindergarten through grade 12.

Implementation

The Department of Education (YTG) should be considered for the lead role in the development of a Yukon Active Living Schools Initiative with support from school councils, the Department of Community and Transportation Services (YTG), RPAY, YPEA, and YTA. The Department of Education will provide leadership and encouragement to schools and school councils as they make efforts to become Active Living Schools.

Implementation steps would include:

- Criteria for "Active Living Schools" will be completed by the start of the 2000/2001 school year.
- Recognition programs with incentives will be implemented by the start of the 2000/2001 school year (i.e. a system similar to the Green School Initiative can be used).
- Schools will be encouraged to include an active living component into their yearly plans by the 2000/2001 school year.
- The Yukon government and the City of Whitehorse will review the current joint user facility agreement to enhance active living environments in schools (January to June 2000).

Active Life Skills Physical Education Curriculum

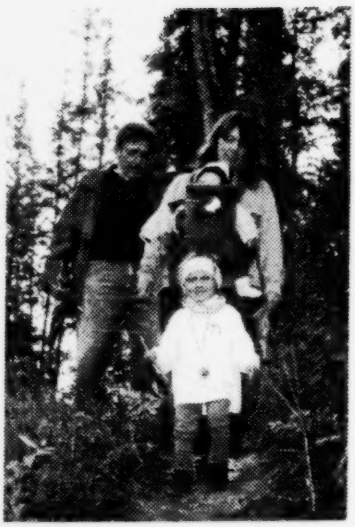
In 1995, the Department of Education (YTG) adopted the Western Consortium physical education curriculum that focuses on active life skills but there was no implementation plan attached. An effective implementation program will assist generalist and physical education teachers to develop the skills necessary to deliver the curriculum.

Recommendation #12: That the current physical education curriculum that focuses on "active life skills" be implemented and supported in all Yukon schools.

The current "active life skills" physical education curriculum emphasizes the following four outcomes:

1. Students will acquire skills through a variety of developmentally appropriate movement activities in an alternative environment. (I.e. aquatics and outdoor pursuits; and dance, games, types of gymnastics and individual activities).
2. Students will understand, experience and appreciate the health benefits that result from physical activity.
3. Students will interact positively with others.
4. Students will assume personal responsibility to lead an active way of life.

An implementation plan for this curriculum would emphasize:



- Extensive and on going training opportunities supported by the Department of Education and YTA for curriculum facilitators who will assist in the implementation of the active life skills curriculum in all Yukon schools.
- Continued delivery of introductory workshops to all Yukon schools (by trained physical education curriculum implementation facilitators) to assist in professional development of existing staff and new specialist staff.
- Links to physical activity in the family.
- Physical activity as a determinant of health.
- Links to community programs and facilities.
- Alternative physical education (outdoor education, experiential education).
- The importance of cultural sensitivity and relevance
- Opportunities to receive credit for out of school activity (expand and re-evaluate criteria).
- Efforts to increase opportunities for physical activity in the school so that the time available will total more than 30 minutes per day. This may not require taking time away from other school priorities. Creative approaches to work within the allowed minutes of instruction per day may be needed. For example schools on the semester model could extend physical education programs throughout the year by combining a full year of biology and physical education sharing the same time period. Courses that allow for the integration of physical activity could be encouraged to do so.
- Adaptation of existing teacher-training programs offered through Yukon College to include a components on the active life skills curriculum and wellness training (i.e. Yukon College's YNTEP program).

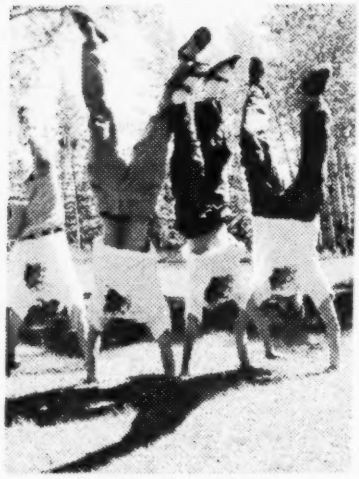
Implementation

The Department of Education (YTG) should be considered for the lead role in the continuation of the facilitator training and the implementation workshops. Potential partners may include school councils, the Department of Community and Transportation Services (YTG), Yukon College, and YTA. Curriculum implementation workshops in all Yukon schools by the end of the 2000/2001 school year.

Access to Active Living / Physical Education Specialists

Research shows that developing attitudes, skills, and behaviors that support physical activity is critical at a young age. Qualified physical education teachers that ensure this development takes place are required in the Yukon.

Recommendation #13: That efforts be made to ensure that all Yukon schools will have access to a physical education / active living specialist. In smaller schools, this may require partnerships with community based active living specialists.



In order for this recommendation to be successful, a partnership between the community and the school is required. For example, the physical education / active living specialist will assist in teaching the physical education curriculum as well as serving as a resource person who will work in partnership with the entire community (other teachers, municipality, special groups) to help improve opportunities for physical activity in the school. This partnership is particularly important in smaller rural schools.

This recommendation is particularly relevant for elementary schools that do not currently have access to a qualified physical education specialist.

The level of "access" to an active living / physical education specialist will be determined by the location of the school and the resources available. For smaller schools, a regional specialist may be able to assist in creating opportunities for physical activity on a regular basis throughout the year. In addition, community members trained in the area of active living could assist teachers in improving opportunities for physical activity. In larger schools, specialists will be able to work within the school year round.

Implementation

Prior to the implementation, additional discussions with the Department of Education are needed to determine financial implications and potential funding partners.

The Department of Education (YTG) should be considered for the lead role in partnership with school councils, communities, YTA, YPEA, and the Department Community and Transportation Services (YTG).

The Department of Education will support the training of one teacher per school in the area of active life skills. By 2007, the goal is for each school to have access to a physical education/active living specialist.

Professional Development in Active for Teachers

Recommendation #14: That active living be a priority in the professional development of existing Yukon teachers and is considered in the recruitment process of new teachers.

The inclusion of active living in the professional development of existing teachers and the hiring of new teachers would involve:

- Inservice training for existing teachers.
- Ensuring that experience in active living is a requirement for new teachers (Incorporate active living into the hiring policy of new teachers)

Implementation

The Department of Education (YTG) should be considered for the lead role in partnership with YPEA and YTA.

An Active Living / Physical Education Coordinator

Recommedation #15: That the Department of Education, in cooperation with its partners, seek out alternative forms of financing to hire a physical education / active living coordinator for Yukon schools.

The coordinator would:

- Assist in the development of the "Yukon Active Living Schools Initiative" similar to the "Schools Come Alive" initiative in Alberta.
- Evaluate and monitor the efforts of Yukon schools in creating an active living environment.
- Provide support for the implementation of the active life skills physical education curriculum.
- Promote opportunities for physical activity in all Yukon schools.
- Serve as a communication / networking link between Yukon schools, the Department of Education, and other sectors of the community.
- Coordinate and implement active life skills workshops for staff and students in all Yukon schools.

Implementation

This recommendation requires additional resources to what currently exists within the Department of Education (YTG). The Advisory Council should work with the Department of Education and other government departments to seek alternative funding sources to hire a Coordinator for a term position beginning in 2000 through till 2003. Possible funding sources may include Health Canada, HRDC, and YTG departments that share the goals associated with active living.

5.4. COMMUNITY ACTIVE LIVING

The seven community recommendations are based on information shared during 22 focus groups in 13 communities involving over 200 Yukoners.

Focus group participants regularly expressed the need for:

- An extensive awareness, education, and promotion campaign to promote the importance of regular physical activity.
- An incentive program for role models, community leaders, and volunteers.
- More support for current community leaders and front line workers.
- Leadership development programs to build capacity within Yukon communities.
- A collaborative effort in the promotion and delivery and creation of supportive environments involving all sectors of Yukon communities.
- More trail and path development, recreation facility enhancement, and development of safe places to enjoy physical activity.

- The development, delivery, and ongoing support for a variety of activities and programs that encourage participation in physical activity for all age groups and abilities.

A Benefits Approach

The recommendations related to active living/recreation in Yukon communities were developed by the communities sub committee and the Task Force using a "benefits based" approach.

The Benefits Catalog by the Canadian Parks and Recreation Association states:

- Recreation and active living are ESSENTIAL TO PERSONAL HEALTH - a key determinant of health status.
- Recreation and active living are key to balanced HUMAN DEVELOPMENT - helping Yukoners reach for their potential.
- Recreation and active living are essential to QUALITY OF LIFE.
- Recreation and active living reduce self-destructive and ANTI-SOCIAL BEHAVIOR.
- Recreation and active living build STRONG FAMILIES and HEALTHY COMMUNITIES.
- PAY NOW or PAY MORE LATER? Recreation and active living reduce health care, social service, and police/justice costs!
- Recreation and active living are significant ECONOMIC GENERATORS in your communities.
- Parks, open spaces, and natural areas are essential to ECONOMIC SURVIVAL.

(CPRA 1997)

...It is not enough to tell people they should be more active. Supportive physical, social, and cultural environments need to be created

Active communities and individuals realize a variety of physical, social, and emotional benefits. However, for many people it is difficult to incorporate physical activity into their daily lives. With this in mind, it is not enough to tell people they should be more active. Supportive physical, social, and cultural environments need to be created. The community recommendations are intended to complement each other in creating such environments.

Marketing Active Living

From an investment point of view, choosing to include physical activity as part of our daily schedules is a decision guaranteed to yield returns. By doing so we are improving our health and the health of our communities while at the same time decreasing stress on the health care system. Effective marketing will help promote the benefits of physical activity.

Many of the community focus group participants indicated that, while there is a general understanding of the benefits of physical activity, people are not always able to make the personal connection required to make activity a part of their lives. For others, the benefits are known but the means to achieve those benefits are not. An awareness and educational campaign will provide Yukoners with the information and connections they need to become more physically active.

Recommendation #16: That an extensive community based social marketing plan be developed to promote the benefits of active living and provide Yukoners with the information and support they need to include physical activity into their daily lives.

A social marketing plan would guide the promotion of active living and the creation of programs and activities.

Tools need to be developed to effectively deliver the physical activity message

The plan would involve:

- The promotion of the criteria for establishing "active living communities, schools, and workplaces".
- An extensive community based awareness and education campaign (local media, videos, posters, brochures, presentations, workshops, manuals, and instructional sessions).
- The promotion of physical activity as a determinant of health.
- An inventory of existing facilities and opportunities related to active living.
- The development of a *Benefits of Active Living Catalog* in partnership with NWT and Nunavut specific to the North and residents of the Yukon.
- Ties to active living promotion on the national level (Health Canada, Active Living Coalition, ISRC, and CFLRI).
- A "made in the Yukon" approach - ensuring relevance to Yukon people
- A grassroots approach to the development and delivery of programs and activities - "people talking to people."
- Development of an active living logo and slogan for the Yukon.
- The development of attractive presentations that allow for a personal connection and will be effective in competing with sedentary options (technology).
- A strong link to healing programs (Alcohol and Drug Services, treatment centers, counseling services) - stressing that physical activity has something to offer the healing process.
- The promotion of a balance between technology and activity - both are part of life.
- The development of an incentive program for community members who make efforts to be physically active.
- Promotion of community challenges that encourage participation.
- Annual regional active living forums that encourage networking between individuals and communities involved in the delivery of active living initiatives.
- The development of an "active transportation" promotion campaign.

Implementation

The Department of Community and Transportation Services (YTG) should be considered for the lead role in the development of a social marketing plan for active living. The Department of Health and Social Services (YTG) is a potential partner.

Coordination of Funds for Community Health Related Initiatives

Many Yukon communities and organizations have limited human and financial resources. Funding arrangements that involve a variety of sources and different departments stress these limited resources. Partnerships and coordination between funding agencies concerned with health promotion and community wellness would relieve communities and project leaders from the burden of numerous funding applications for projects that enhance and support community wellness.

Recommendation #17: That efforts be made to improve the level of coordination and communication between funding agencies who support initiatives related to community health in order to make funds more easily accessible.

Photo credit: Cathie Archbould

Methods to improve coordination and communication could include:

- An inventory of existing funds and partnerships between funding agencies associated with health promotion and community wellness.
- The inclusion of a significant active living component in existing and future funds concerned with health promotion and community wellness.
- A concerted effort between funding agencies to streamline funding process.

The Youth Investment Fund (YIF) is an effective example of a funding partnership involving a number of resources from different government departments.

An inventory and directory of partnerships will be the first step towards the establishment of a "one stop shop" for community wellness and health promotion funding.

Implementation

An inventory of existing funds and partnerships between funding agencies would involve cooperation between the following government departments: Justice, Education, Community and Transportation Services, Health and Social Services, Economic Development, other relevant YTG departments, relevant departments from First Nation Governments and federal government departments (i.e. HRDC, Health Canada).

Active Living Environments

The focus groups expressed a need to create, enhance, and support physical environments that promote active living in the Yukon. Many of the comments on physical environments focussed on the creation and maintenance of recreation

facilities and trail development. Once the facilities are in place, programs that enhance active living need to be created and supported.

Many Yukon communities have a variety of outdoor and indoor facilities that cater to people of all ages. Focus group participants indicated that these facilities often require additions, ongoing maintenance, and repairs to create easier access and encourage maximum opportunities for physical activity.

Recommendation #18: That decision-makers consider the impact community facilities will have on the goal to increase physical activity in the Yukon.

Consider active living when constructing or enhancing community facilities

When constructing or enhancing facilities, decision-makers should consider:

- Community recreation programs and facility development that brings the maximum benefits to the maximum number of people
- Supportive and ongoing partnerships with organizations outside of government who are developing infrastructure for active living
- Facilities and resources, including staff, to encourage and support opportunities for physical activity for older adults who live in extended care facilities
- Improving accessibility to facilities
- What could be done to encourage physic . activity

Implementation

The Department of Community and Transportation Services (YTG) should be considered for the lead role in encouraging decision-makers to consider active living when constructing or enhancing facilities.

Active Transportaion

Yukon people love to drive. Many members of the focus groups stated that people often choose to drive their cars instead of walking, bicycling, or skiing to work - even for short distances.

Active Transportation is walking, skiing, cycling, skating, or rolling to wherever you are going

In order to promote walking and cycling as part of active living and a healthy lifestyle, opportunities have to be provided for Yukoners to experience, value and learn to protect the environment while being physically active in the outdoors. As these opportunities are created, the awareness will grow that walking and cycling can easily be part of daily life. This, in turn, will begin to change behaviors in both large and small ways.

In a recent study of 250 Yukoners, walking was the most popular form of physical activity (CFLRI 1999). The choice to walk or cycle to complete the regular tasks of getting to work, picking up the groceries, visiting friends, or running errands around town provide us with opportunities to be physically active - without taking too much time away from our busy schedules. "Active Transportation" is one way we can realize the health benefits associated with regular physical activity.

Creating opportunities around active transportation and the environment

Recommendation #19: That opportunities around active transportation and the environment be created.

Opportunities around active living and the environment will be created through:

- Partnerships with governments, planners, designers, and engineers to create communities for active transportation
- Involve health professionals, educators, and law enforcement officials in a serious look at traffic patterns and facilities for pedestrians and cyclists
- Partnerships with cycling groups, environmental organizations, governments, recreation boards, and recreation organizations to further public education about the issues which lead to active transportation
- Retrofitting communities for active transportation (investment in bicycle facilities, accessible trails that link community facilities like suburbs, schools, workplaces)

Implementation

The Department of Community and Transportation Services (YTG) should be considered for the lead role. Potential partners may include the Department of Renewable Resources (YTG) Yukon Conservation Society, Go for Green, Yukon Tourism, RPAY, the Tourism Industry Association, municipal governments, and Yukon Association of Municipalities.

Leadership Training and Support

Leadership training and support was one of the greatest concerns for many of the community focus group participants. Many communities expressed the fact that the community leaders and volunteers were feeling burnt out. Many recreation directors and coordinators are responsible for maintaining facilities, writing proposals for funding, administering programs, staffing, recruiting volunteers, organizing fund raising activities, organizing special events, and much more. A limited volunteer base places stress on a few dedicated people that regularly provide leadership. Teachers and health professionals are also feeling the pressure of hectic daily schedules. The result is that there is limited time and few people to deliver programs and provide services that encourage community members to incorporate physical activity into their daily lives.

"Building people first"

People are more likely to get involved in leadership opportunities if they are exposed to training that helps them develop the skills they need.

Recommendation #20: That an on going training program for community leaders, support staff, and volunteers in the area of active living, recreation, sport, and health promotion be developed.

Training opportunities for members of Yukon communities will create support for existing community leaders and volunteers. These training opportunities will also assist community leaders in the tasks they are faced with on a daily basis.

On November 19, 1999, twenty representatives from eight Yukon communities met to discuss training needs for active living, recreation, and overall health promotion for their communities.

A community based leadership-training program would help to:

- Provide local community members with the skills required to assist teachers, health professionals, recreation directors, volunteers, and other community leaders to deliver active living programs.
- Develop local capacity in the areas of organization, planning, facilitation and delivery of active living initiatives - a "building people first" approach.
- Provide local people with the "hands on" experience they need to effectively deal with a variety of social issues that are present in Yukon communities.
- Be offered on a regular basis in a setting that is representative and relevant to the community front line workers.
- Involve the development of an ongoing support system.
- Involve the Public Health workers and Community Health Representatives developing model programs on active living and healthy eating.

A community based leadership-training program would include:

- Components on budgeting, proposal writing, and planning, facility operation, health, nutrition, programming, and management.

- A strong link to overall health promotion and health issues related to physical inactivity and poor nutrition.

Implementation

The Department of Community and Transportation Services (YTG) should be considered for the lead role in the development of the community based active living leadership training program. Potential partners may include Yukon College, the Department of Education (YTG), the Council for Yukon First Nations, Yukon Municipal governments, Health Canada (i.e. through Population Health) and RPAY.

After an initial training session, local community members will be employed as "role models" - active living and health promotion coordinators in their own community.

A Mobile Active Living Unit

Recommendation #21: That a mobile unit with a significant active living component be established to promote active living, support existing initiatives, and assist in the delivery of new programs across the territory.

The Unit would travel around the Whitehorse area and rural communities regularly to:

- Provide awareness, information, and education on the benefits of physical activity and healthy lifestyle choices.
- Coordinate, support, and deliver active living initiatives across the territory.
- Research the benefits of active living.
- Market physical activity as a determinant of health.
- Offer fitness and health assessments that can be monitored over time.
- Assist schools, workplaces, and communities as they make efforts to implement of the recommendations highlighted in the Yukon active living strategy.

- Collect and distribute current information on physical activity, nutrition, and health.
- Organize special events (corporate challenges, fun days).
- Coordinate awareness campaigns.
- Deliver training opportunities to teachers and support staff, leaders in the workplace, and frontline community people concerned with health promotion.
- Develop presentations and workshops in active living and health promotion in Yukon schools, communities, and workplaces.
- Assist in the coordination and monitoring of the Green Prescription program in rural communities.

Implementation

The Departments of Health and Social Services and Community and Transportation Services (YTG) should be considered for the lead role in the development of a mobile active living unit. Potential partners could include local service clubs, Yukon College, Yukon Worker's Compensation, Health and Safety Board, private sector, and RPAY.

The unit would be operational in September 2000 and provide services till December 2003. Evaluation will determine if services will continue.

A Wellness Promotion Center with a Significant Active Living Component

Recommendation #22: That the Yukon government explore the benefits and costs of establishing a Yukon Wellness Promotion Center with a significant active living component.

A Yukon Wellness Promotion Center with a significant active living component should:

- Focus on promoting and delivering active living initiatives in Yukon schools, workplaces, and communities.
- Provide awareness, information, and education on the benefits of physical activity and healthy lifestyle choices.
- Serve as a liaison between all sectors of Yukon communities in the promotion of physical activity as a determinant of social, physical, and emotional health.
- Coordinate, support, and deliver active living initiatives across the territory.
- Research the benefits of active living.
- Market active living as a determinant of health.
- Implement the recommendations highlighted in the Yukon active living strategy.

- Provide fitness assessments.
- Collect and distribute current information on physical activity, nutrition, and health.
- Coordinate the Green Prescription program.
- Organize special events (corporate challenges, fun days).
- Coordinate awareness campaigns.
- Explore virtual links and web based initiatives related to physical activity and health.
- Develop presentations and workshops in active living and health promotion in Yukon schools, communities, and workplace.
- Coordinate the mobile wellness / fitness unit (Recommendation # 21).
- Provide resources to community health representatives and nurses
- Work in partnerships with other organizations in the promotion of their programs and services (i.e. Health Promotion Branch, BC/Yukon Diabetes Education Center).

Implementation

The Departments of Community and Transportation Services and Health and Social Services (YTG) should be considered for the lead role in determining the feasibility of a wellness promotion center. Potential partners may include the Department of Education (YTG), Yukon College, YWCH&SB, private sector, Health Canada, local service clubs, Sport Yukon, and RPAY. The center is a long-term goal to be operational by January 2001.

5.5. WORKPLACE ACTIVE LIVING

Workplace environments are crucial to the promotion and maintenance of healthy lifestyles because many Canadians spend up to 60 per cent of their waking hours at work. The choices that workers make during this time and the environment that influences those choices can have a profound impact on their health at work and at home.

The benefits of workplace wellness programs including nutrition and physical activity are great. Research has shown that workplaces with active living programs and policies experience a reduction in costs associated with employee absenteeism, injuries, accidents, disability, compensation claims, health care, and insurance. In addition to a reduction in costs, healthy workplaces enjoy increased productivity and higher morale.

Physical activity is largely a personal choice. However, the choice to be physically active is made easier when supportive environments are created. These environments depend on "buy in" both at the employer and employee levels. In order to be successful in promoting and maintaining health through the workplace, corporate cultures that stress the importance of physical activity and other healthy lifestyle choices need to be enhanced.

The main concerns raised in the focus groups expressed the need for:

- The development of regular active living activities and programs.
- The development of equipment and infrastructure wherever possible.
- Incentives for physically active employers and employees.
- More awareness, promotion, and education on the benefits of physical activity in the workplace.
- Policies that encourage active living in the workplace (no smoking, flexible work schedules, flexible dress code).

The Minister's Task Force for Active Living has developed its workplace active living recommendations based on information gathered from 18 focus groups across the territory.

Workplace Active Living Awareness and Education Campaign

Recommendation #23: That an extensive awareness and education campaign stressing the importance of physical activity in Yukon workplaces be developed.

The awareness and education campaign would include:

- Media (radio, television, newspapers), posters, brochures, flyers, newsletters.
- Presentations, success stories, instructional resources.
- Links to national campaigns and strategies.
- The development of a web page specific to Active Living in the workplace.

Implementation

April 2000 - December 2003 (January 2002 - December 2003 campaign will be administered through the wellness center)

The Public Service Commission (YTG) should be considered for the lead role in partnership with the Department of Community and Transportation Services (YTG) in the development of the campaign for the Yukon Government in its role

as a major employer. Potential partners may include local service clubs, Yukon Worker's Compensation, Health and Safety Board, Chamber of commerce, Yukon Electric, Northwestel, Private sector, and RPAY.

Active Living in Major Yukon Workplaces

Recommendation #24: That major employers in the Yukon lead by example in implementing wellness and active living programs.

Criteria for what constitutes an active living workplace may include the following components:

- Flexible work schedules to allow for physical activity to, from, and within the workplace.
- No smoking policies.
- Programs and activities that encourage healthy active living.
- Active Living breaks (stretching, exercise).
- Promotional, educational and awareness campaigns (daily e-mails on physical activity and nutrition, posters, presentations, instructional sessions).
- Space provided for bike racks, showers, fitness equipment and other facilities wherever possible.
- Support for active transportation to, from, and at work
- Employee fitness assessments, appraisals, and lifestyle evaluations
- Discounts at community recreation facilities
- Incentives for physically active staff
- Establishment of wellness a committee
- Active living philosophy incorporated into business plans
- Cafeteria and food services that include inexpensive healthy meal options

Implementation

Major workplaces will be encouraged to implement active living and wellness programs in January 2001 through to December 2003 with ongoing evaluation and guidance.

The Public Service Commission (YTG) should be considered for the lead role in partnership with the Department of Community and Transportation Services (YTG) for the Yukon government in its role as a major employer in the development and promotion of criteria. Potential partners may include the Yukon Worker's Compensation Health and Safety Board, Whitehorse General Hospital, City of Whitehorse, and RPAY.

Incentives for Physically Active Workplaces

Recommendation #25: That the Board of Directors of the YWCH&SB be encouraged to consider physically active workplaces as part of the criteria for rewards and recognition to employers who demonstrate exemplary prevention and management of health and safety.

Implementation

The minister responsible for YWCH&SB should consider encouraging the Board to work on this recommendation as it relates to the Board's prevention strategy to examine the value of developing an incentive for employers and workers that have a record of good safety practices. The YWCH&SB will take a lead role in developing a system of incentives in 2000 and 2001. The program would run until 2003. The Department of Community and Transportation Services (YTG) should be considered as a partner to assist with education and consultation of employers.

Appendices

Recommendations and Suggested Lead Departments

	STRATEGY IMPLEMENTATION	LEAD DEPT.	PARTNERS
1	Hire an Active Living Coordinator and establish an Advisory Council to coordinate and evaluate the implementation of the recommendations in the Yukon Active Living Strategy.	RPAY	C & TS (YTG) and Representatives from other relevant government departments
2	That Yukon government departments, Yukon municipalities, and First Nation governments explore how active living can be introduced into their goals, strategies, and departmental plans.	C & TS (YTG)	All
3	That existing government strategies be explored to determine potential links and partnerships in an effort to improve opportunities for physical activity in the Yukon.	C & TS (YTG)	Departments responsible for strategies
	INDIVIDUAL HEALTH	**LEAD DEPT.**	**PARTNERS**
4	That the recommendations of the 1999 Yukon Health Summit be examined to determine how they can complement and be linked to the recommendations made in the Yukon Active Living Strategy.	H & SS (YTG)	RPAY and C & TS (YTG)
5	That a 'Green Prescription' program (prescribing physical activity as an integral element of a treatment program) similar to the one in New Zealand be developed in the Yukon.	YMA	Health practitioners, other recreation / active living / fitness service deliverers and H & SS and C & TS (YTG)
6	That prevention programs with a focus on Type 2 diabetes as it relates to physical activity be developed.	H & SS (YTG)	HC, DEC, Education (YTG), First Nation governments, rural community front line workers, RPAY and C & TS (YTG)
7	That the Yukon government and its partners in active living and health embrace and support all seven priority goals identified in *Moving Through the Years: A Blueprint for Action for Active Living and Older Adults in Canada.*	C & TS (YTG) and the Elder Active Recreation Association	H & SS (YTG)

8	That the Yukon government, its partners in active living and health, and the Anti-Poverty Coalition develop programs and services to improve opportunities for physical activity for Yukon people living in poverty.	H & SS (YTG)	Anti-Poverty Coalition, C & TS (YTG), RPAY, Sport Yukon, recreation service providers
9	That the Yukon government and its partners in active living and health embrace and support all seven priority goals identified in *Active Living for Canadians with a Disability: A Blueprint for Action.*	RPAY	H & SS and C & TS (YTG), LDAY, ALA, Special Olympics, YCD, ACL
	ACTIVE LIVING SCHOOLS	**LEAD DEPT.**	**PARTNERS**
10	That an extensive school based awareness and education campaign stressing the importance of physical activity be developed.	Education (YTG)	School Councils, C & TS (YTG), YTA, private sector, service clubs, Health Canada
11	That all Yukon schools create an environment that supports physical activity for students and staff during each school day. Goal: By 2003 all Yukon Schools be designated "Active Living Schools."	Education (YTG)	School Councils, C & TS (YTG), RPAY, YTA, YPEA
12	That the current physical education curriculum that focuses on "active life skills" be implemented and supported in all Yukon schools.	Education (YTG)	School councils, C & TS (YTG), RPAY, YTA, YPEA Yukon College
13	That efforts be made to ensure that all Yukon schools will have access to a physical education / active living specialist. In smaller schools, this may require partnerships with community based active living specialists.	Education (YTG)	School councils, YTA, YPEA, C & TS (YTG)
14	That active living be a priority in the professional development of existing Yukon teachers and in the recruitment process for new teachers.	Education (YTG)	YTA, YPEA
15	That the Department of Education, in cooperation with its partners, seek out alternative forms of financing to hire a physical education / active living coordinator for Yukon schools.	Education (YTG)	Advisory Council, private sector, municipalities, other relevant government departments

	COMMUNITY ACTIVE LIVING	LEAD DEPT.	PARTNERS
16	That an extensive community based social marketing plan be developed to promote the benefits of active living and provide Yukoners with the information and support they need to include physical activity into their daily lives.	C & TS (YTG)	H & SS (YTG), private sector, municipalities
17	That efforts be made to improve the coordination and communication between funding agencies who support initiatives related to community health in order to make funds more easily accessible.	H & SS and C & TS (YTG)	Education (YTG), Justice (YTG), Federal gov., First Nation gov., municipalities, Economic Dev (YTG)
18	That decision-makers consider the impact community facilities will have on the goal to increase physical activity in the Yukon.	C & TS (YTG)	
19	That opportunities around active living and the environment be created.	C & TS (YTG)	YCS, Go For Green, Tourism, RPAY, TIA,YAM, municipalities
20	That an on going training program for community leaders, support staff, and volunteers in the area of active living, recreation, sport, and health promotion be developed.	C & TS (YTG)	Yukon College, RPAY, Education (YTG), CYFN, H & SS (YTG), Health Canada, RR (YTG)
21	That a mobile unit with a significant active living component be established to promote active living, support existing initiatives, and assist in the delivery new programs across the territory.	H & SS and C & TS (YTG)	Service clubs, Yukon College, YWCH & SB, private sector, RPAY, municipal gov.
22	That the Yukon government explores the benefits and costs of establishing a Yukon Wellness Promotion Center with a significant active living component.	H & SS and C & TS (YTG)	Service clubs, Yukon College, YWCH & SB, private sector, RPAY

	COMMUNITY ACTIVE LIVING	LEAD DEPT.	PARTNERS
23	That an extensive awareness and education campaign stressing the importance of physical activity in Yukon workplaces be developed.	PSC (YTG) and Major employers	C & TS (YTG), Service clubs, YWCH & SB, Chamber of commerce, private sector, RPAY
24	That major employers in the Yukon lead by example in implementing wellness and active living programs.	PSC (YTG) and Major employers	C & TS (YTG), Service clubs, YWCH & SB, WGH, City of Whitehorse, RPAY
25	That the Board of Directors of the YWCH&SB be encouraged to consider physically active workplaces as part of the criteria for rewards and recognition to employers who demonstrate exemplary prevention and management of health and safety.	Minister responsible for YWCH & SB and the YWCH & SB	C & TS (YTG)

References

Alberta Education. (1998). *Physical Education: A Rational and Philosophy.* Government of Alberta. Canada.

Anderson A, Ilze Kalnins, & Dennis Raphael. (1999). *Partners in Health: Schools, Communities and Young People Working Together.* A joint project of the University of Toronto, Physical Education, Recreation and Dance, Canadian Association for School Health, and Health Canada.

Active Living Alliance.(1998). *Active Living for Canadians with Disabilities: A Blueprint for Action. Health Canada.* Ottawa, ON.

Active Living Coalition for Older Adults. (1999). *A Blueprint for Action for Active Living for Older Adults.* Health Canada. Ottawa, ON.

Canadian Broadcasting Corporation. (1999). Special Report. Interview with Heather Nickel, the director of Education Services for the B.C./Yukon division of the Canadian Diabetes Association. November 22, 1999 - 8:15am. Whitehorse, YT.

Canadian Fitness and Lifestyle Research Institute. (1995). *Barriers to physical activity.* Physical Activity Monitor. Bulletin no. 4. Ottawa, ON: Canadian Fitness and Lifestyle Research Institute.

Canadian Fitness and Lifestyle Research Institute. (1994). *Physical Activity and Renewal of the Health System.* Ottawa, ON: Canadian Fitness and Lifestyle Research Institute.

Canadian Fitness and Lifestyle Research Institute. (1999). *Physical Activity Monitor - Yukon Update.* Ottawa, ON: Canadian Fitness and Lifestyle Research Institute.

Canadian Medical Association. (1998). *General Council.* Website: www.cma.ca/inside/annmeet/131/resolutions.htm

Canadian Society for Exercise Physiology & Health Canada. (1999). *Canada's Physical Activity Guide to Healthy Active Living for Older Adults.* Winnipeg, MB.

Canadian Society for Exercise Physiology & Health Canada. (1998). *Canada's Physical Activity Guide to Healthy Active Living.* Winnipeg, MB.

Canadian Parks / Recreation Association. (1997). *The Benefits Catalog: Summarizing why recreation, sports, fitness, arts, culture, and parks are essential to personal, social, economic, and environmental well-being.* Gloucester, ON: pp. 222.

Dyck, Dianne. (1999). *Wrapping Up the Wellness Package.* Benefits Canada: Pension Investments and Employee Benefits. January 1999. MacLean Hunter.

Federal, Provincial and Territorial Fitness and Recreation Committee. (1996). *Physical Inactivity: A framework for action.* Ottawa, ON: Health Canada.

Health Canada (1999). *Canadian Diabetes Strategy.* Ottawa: ON.

Health Canada (1999). *The Aboriginal Diabetes Initiative.* Ottawa: ON.

Health and Social Services. (1999). *Growing Older in the Yukon: A Draft Strategy.* Yukon Territorial Government.

Health and Social Services. (1999). *Health Status Report.* Yukon Territorial Government.

International Council for Sport, Science and Physical Education (1999). *Berlin Agenda for Action for Government Ministers.* Berlin, November 3-5, 1999. A conference supported by UNESCO.

Marshall, R. & Bruce Wallace. (1999). *A New Direction: The Wellness Agenda. MacLeans.* October 25, 1999. (34-35).

Mills, Dennis, M.P. (1998). *Sport in Canada: Everybody's Business.* Leadership, Partnership and Accountability Standing Committee on Canadian Heritage Sub-Committee on the Study of Sport in Canada. December 1998.

World Health Organization. (1997). *Annual Report.* Geneva: World Health Organization.

Statistics Canada. (1998). *National Population Health Survey 1996-97.* Ottawa, ON.

Timmermans, Dr. Frank (1999). *Why are Yukoners Less Healthy than Canadians Are?* Medical Officer of Health, Yukon: pp 5.

World Health Organization. (1998). *Press Release WHO / 65* Geneva, Switzerland.

World Health Organization. (1997). *Press Release WHO / 69* Geneva, Switzerland.

Yukon Territorial Government. (1997). *Yukon Territorial Government Plan.* September 16, 1997.